



BOLANDATHLETICS

NEWS LETTER 7 MAY 2018 - BOLAND ATHLETICS CROSS COUNTRY TRIAL 1 - TOP 10 RESULTS

1350 athletes from the West Coast, Cape Winelands and Overberg Districts descended on the Voorberg Correctional Centre in Porterville on Saturday 5 May 2018 to kick off the 2018 Boland Athletics Cross Country season.

Hopefield Athletics Club and Voorberg Correctional Services Athletics, together with West Coast Schools were the joint hosts for this well-organised event. The flat course of this route enabled the top athletes to get close to the qualifying times for selection to the Boland Athletics Cross Country team for the South African Cross Country Championships in Port Elizabeth on Saturday 8 September 2018.

The athletes are also in preparation for the Boland Cross Country Inter-Districts Challenge which takes place at Callie De Wet Stadium in Robertson on Saturday 26 May 2018.

The 2018 Boland Cross Country Inter-District Challenge will mark the halfway mark for athletes in preparation for the 2018 ASA Cross Country Championships and the 2018 SASA National Schools Championships in September 2018.

The results of the top 10 athletes in each category of Trial 1 are attached.



GIRLS 9 - 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Esmari	Senoamali	2009/03/08	Morrisdale	8,11
2	Muneeba	De Bruyn	2009/01/06	WPS	8.13
3	Anthea	Cupido	2009/03/13	Welvaart Prim	8,14
4	Zelnay	Draai	2009/03/17	Britsum Prim	8,15
5	Chantay	April	2009/03/02	Morrisdale	8,33
6	Rozelia	Gaika	2009/08/29	Riverlands Prim	8,38
7	Alicia	Fortuin	2008/07/15	Soetendal Prim	8,41
8	Chaney	April	2009/03/02	Morrisdale	8,43
9	Elzane	Diedericks	2009/04/13	LS Touwsrivier	8,43
10	Almaaz	Wyngaard	2009/01/15	Riverview Prim	8,59

BOYS 9 - 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Hershell	Manuel	2009/03/07	Steenvliet Prim	7.30
2	Junaid	Franse	2009/06/19	Riverlands Prim	7.46
3	Ambrey	Shreuder	2009/08/04	Steenvliet Prim	7.55
4	Gabriel	September	2009/08/28	Steenvliet Prim	8.03
5	Emilio	Sauls	2009/11/24	Morrisdale	8.05
6	Leighton	Prins	2009/08/16	Morrisdale	8.12
7	Morche	Andrew	2009/07/13	Riverlands Prim	8.17
8	Gladwin	Jaars	2009/09/14	Steenvliet Prim	8.21
9	Elzyvier	Mankopan	2009/04/03	St. Markus Prim	8.32
10	Donmco	Hartzenberg	2009/06/14	H. Venter Prim	8.37

GIRLS 10 - 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Eula	Nel	2008/06/18	Paarl Girls High	8.01
2	Lecrusia	September	2008/11/18	Steenvliet Prim	8.03
3	Jo-Keishia	Greeff	2008/03/09	LS Touwsrivier	8.03
4	Shermon	Kok	2008/09/29	LS Touwsrivier	8.05
5	Christy	Maans	2008/10/12	Morrisdale	8.23
6	Chelsea	Hofstander	2008/01/31	LS Touwsrivier	8.28
7	Koshe	Hanekom	2008/08/31	LS Touwsrivier	8.30
8	Veronique	Jacobs	2008/02/16	Riverlands Prim	8.32.13
9	Shayneeya	Hofmeester	2008/12/01	W. F. Loots Prim	8.32.84
10	Amore	Louw	2008/01/28	Magnolia	8.49

BOYS 10 - 2km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Preston	Natal	2008/01/07	Steenvliet	7.26
2	Marquin	Saayman	2008/09/21	Morrisdale Prim	7.29
3	Lucando	Klaase	2008/05/27	Riverlands	7.30
4	Norwic	Swanepoel	2/9/2008	Riverview	7.33
5	Jeniquin	Snyers	2008/05/05	Morrisdale Prim	7.39
6	Gamiel	Johnson	2008/08/14	W.F. Loots	7.43
7	Jericho	Kroukamp	2008/08/07	Steenvliet Prim	7.47
8	Christopher	van der Westuizen	2008/09/04	Welvaart	7.55
9	Alfonso	Goosen	2008/06/02	Soetendal Prim	7.57
10	Jayden	Booyesen	2008/02/24	Paarlzicht	7.59

GIRLS 11 - 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Desne	Andrew	2007/06/07	Morrisdale Prim	12.09
2	Mikayla	Hammon	2007/12/07	Morrisdale Prim	12.17
3	Willmere	Damon	2007/08/02	Wanganella Prim	12.39
4	Bianca	Baron	2007/05/06	Cit Prim	12.43
5	Lenicia	Maans	2007/11/10	Wanganella Prim	12.46
6	Ventashia	Faro	2007/10/25	Orleansvale Prim	13.07
7	Shakira	Matthysen	2007/08/21	Victoriapark Prim	13.07
8	Lucusia	Stuurman	2007/08/29	St Albans Prim	13.20
9	Saskia- Aan	Januarie	2007/11/14	Riverview Prim	13.20
10	Talita	du Bruyn	2007/05/04	LS Swartland	13.27

GIRLS 11 LSEN

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Regemy	May	2007/07/11	Ligstraal	17.45

BOYS 11 - 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Gilermo	Fillies	2007/02/11	Steenvliet Prim	11.23
2	Matt	Jordan	2007/01/03		11.25
3	O'Ryan	Scheepers	2007/06/27	Victoriapark Prim	11.27
4	Corrin	Adams	2007/05/11	Morrisdale Prim	11.31
5	Uran	De Wee	2007/05/18	Witzenberg Prim	11.38
6	Anvor	Gaika	2007/02/05	Riverlands Prim	11.44
7	Eldorico	Farmer	2007/10/11	Dalweida Prim	11.48
8	Xavier	April	2006/08/12	Soetendal Prim	11.56
9	Gurswin	Beukes	2007/11/23	Wanganela Prim	11.58
10	Ashwill	Fritz	2007/09/02	Britsum Prim	12.00

BOYS 11 LSEN - 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Wesley	Lewis	2007/07/12	Ligstraal	18.14
2	Lorenzo	Bitterbos	2007/12/12	Ligstraal	19.40

GIRLS 12 - 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Tashmia	Fortuin	2206/06/11	Saron Prim	11.59
2	Joshlyn	Kiewiets	14/41/2006	LS Touwsrivier	12.04
3	Jeniba	Nuwegeld	2006/01/24	Soetendal Prim	12.22
4	Dan	McThomas	2006/04/15	LS Touwsrivier	12.28
5	Grace	Sagarias	2006/09/21	Britsum Prim	12.31
6	Azalia	Cliffas	2006/07/15		12.35
7	Clarissa	Snyders	2006/10/05	St Marks Prim	12.40
8	Rosedeen	Louw	2006/03/08		12.45
9	Kara	Bester	2006/06/18	Eikestad	12.47
10	Marodine	Arries	2006/09/15	Victoriapark Prim	13.02

BOYS 12 - 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Lehandro	Arendse	2006/07/16	Morrisdale Prim	11.07
2	Jeyeren	November	2006/03/17	Victoriapark Prim	11.07
3	Jeremy	Cupido	2006/01/06	Morrisdale Prim	11.08
4	Rio	Maurice	2006/05/21	W.F.Loots	11.17
5	Junico	Daniels	2006/01/21		11.22
6	Earlon	Matthews	2006/06/08	Morrisdale Prim	11.32
7	Quinton	Williams	2006/09/10	Wanganella Prim	11.35
8	Nuraan	September	2006/01/14	Riverlands Prim	11.36
9	Aswill	Goosen	2005/12/28	Soetendal Prim	11.39
10	Zayden	Kennedy	2006/09/16	William Lloyd Prim	11.39

BOYS 12 LSEN - 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Raywin	Stoffels	2006/12/17	Lindelani	13,32
2	Russel	Boonzaaier	2006/07/07	Ligstraal	13,47
3	Unito	Olivier	2006/01/12	Ligstraal	15,33
4	Johan	Dindal	2006/05/08	Ligstraal	20,09

GIRLS 13 - 3km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Gillian	Muller	2005/10/19	Morrisdale	11.46
2	Beulin	Van Rooyen	2005/06/10	Britsum Prim	11.47
3	Sarah-Lee	Senoamali	2005/05/06	Morrisdale	11.54
4	Christolique	Mcniel	2005/10/02	Avianpark	11.55
5	Bernadine	Van Rooi	2005/12/31	St Marks Prim	12.01
6	Michelle	Klaasen	2005/03/01	Paarlzicht Prim	12.01
7	Amber	Heyns	2005/02/01	Avianpark	12.26
8	Marcelay	Jampies	2005/12/21	Orleansvale Prim	12.29
9	Shanell	Fortuin	2005/07/05	Soetendal Prim	12.34
10	Joanique	Horn	2005/12/16	Victoriapark Prim	12.38

GIRLS- 13 -LSEN

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	
1	Shadia	Plaatjies	2005/05/06	Lindelani	17.03
2	Shameeqah	Rooifontein	2005/04/09	Edenskool	17.03
3	Zaynick	Squire	2005/02/16	Lindelani	17.10

BOYS 13 - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Luson	Kroukamp	2005/03/28	Steenvliet Prim	14.19
2	Zimvo	Tawuse	2005/06/26	Masakhane Prim	14.28
3	Cameron	Schreuder	2005/08/13	Steenvliet Prim	14.44
4	Jack	Armando	2006/02/27	Gansbaai Prim	14.56
5	Nathan	Botha	2005/05/11	De Rust Prim	15.12
6	Clifton	Moses	2005/05/02	Riverlands Prim	15.15
7	Siyasanga	Matiyesi	30/282005	Morrisdale Prim	15.21
8	Fernando	Geduld	2005/12/03	Ceres Prim	15.27
9	Abby	Arries	2005/01/17	Soetendal Prim	15.32
10	Denito	Matthyse	2005/10/05	Riverlands Prim	15.33

GIRLS 14 - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Chenique	Sas	2004/08/19	Drostdy Hs	16.15
2	Marietjie	Cilliers	2004/01/02	Parel Vallei HS	16.23
3	Madeline	Adams	2004/02/08	Wolseley HS	17.24
4	Raffika	Jantjies	2004/11/20	St Marks	17.28
5	Sherolicia	Swarts	2004/12/30	Saron Prim	17.35
6	Patrice	Granfield	2004/03/19	De Rust	17.45
7	Francina	Koen	2004/12/16	St Marks	18.58
8	Olwethu	Mayolo	2004/02/26	Vusiszwe	19.09
9	Beverley	Koopman	2004/04/23	St Marks	19.53
10	Eldra	Stevens	2004/02/09	Vusiszwe	20.30

GIRLS 14 LSEN - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Aislynn	Muller	2004/10/18	Edenskool	18,21
2	Zaina-Lee	April	2004/02/20	Lindelani	22,52
3	Nabeelah	Fernandez	2004/08/09	Lindelani	23,1

BOYS 14 - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Lee-Tham	Rooi	2004/06/01	Bella Vista PS	14.11
2	Francois	Malherbe	2004/07/22	Paul Roos Gym	14.18
3	Gideon	Louw	2004/02/15		14.22
4	Nashville	Hofmeester	2004/08/19	Wolseley HS	14.32
5	Gabriel	James	2004/03/09	HB	14.45
6	Damian	Van Wyk	2004/09/28	Wolseley HS	14.48
7	Bhongo	Shwam	2004/10/30	Vusisiwe HS	14.48
8	Hershalle	Adams	2004/07/05	Ceres HS	14.49
9	Ron-Lee	Ockhuis	2004/08/28	Wolseley HS	14.50
10	Cado	George	2004/03/15	Wolseley HS	14.52

BOYS 14 LSEN - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Fabian	Manus	2004/06/06	Lindelani	15,57
2	Turion	Philander	2004/01/05	Ligstraal	16,02
3	Vaughan	Johnson	2004/01/28	Lindelani	16,14
4	Robert	Daniels	2002/05/01	Ligstraal ***	21,21

GIRLS 15 - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Vergell-Lee	Africa	2003/08/21	Drostdy	15.51
2	Anja	Van Heerden	2003/12/10	Paarl Girls HS	16.05
3	Lanah	Nel	2003/12/22	Parel Vallei	16.32
4	Selma	du Preez	2003/03/21	HS Swartland	16.54
5	Dalene	Koegelenberg	2003/02/17	Hugenote HS	17.08
6	Cameron	Mostert	2003/06/21	Drostdy	17.48
7	Veronique	Visagie	2003/07/15	Drostdy	17.52
8	Tsepiso	Lebouawa	2003/04/11	HB	18.12
9	Abigail	Fortuin	2003/09/11	RVSS	18,15
10	Yo-Lynn	Louw	2003/09/05	Louville HS	18,22

GIRLS 15 LSEN - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Leaticia	Pedro	2003/11/02	Riebeeck Vallei	18.35
2	Tammy-Lee	Warries	0/10/2003	Riebeeck Vallei	23.10
3	Brandoline	Olivier	2003/07/16	Steinthal	24.02
4	Chantay	Ramon	2003/03/31	Steinthal	24.03
5	Christal	Mantz	2003/10/09	Steinthal	24.04

BOYS 15 - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Julian	Fortuin	2003/02/04	Ced Akademie	13.59
2	Naylan	Dreyer	7/30/2003	Eersterivier AC	14.07
3	Alfonso	Prins	2003/11/26	Wolseley HS	14.32
4	Durizen	Esterhuisen	2003/07/27	Dalweide PS	14.36
5	Thapelo	Nthokosane	2003/05/23	Vusisizwe	14.37
6	Uzi	Voiasniyo	2003/12/15	Vusisizwe	14.38
7	Damian	Jaars	2003/09/01	Itheko	14.49
8	Hendrik	Rasmeni	2003/04/19	Wakkerstroom Wes	14.59
9	Ricardo	Pike	2003/07/10	Wakkerstroom Wes	15.12
10	Athuli	Qlikili	2003/02/10	Wakkerstroom Wes	15.12

BOYS 15 LSEN - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Shawn	Chicowore	2003/01/05	Edenskool	14.09
2	Donald	Scheepers	2003/07/04	Steinthal	14.10
3	Marquin	Koopman	2003/06/01	Riebeeck Vallei	17.40
4	Lorenzo	Boois	2003/07/22	Riebeeck Vallei	18.02
5	Johan	Fielies	2003/07/29	Steinthal	19.11
6	Brandon	Jacobs	2003/02/14	Steinthal	19.54
7	Jacquin	Plaatjies	2003/03/09	Steinthal	20.23
8	Cayden	Jacobs	2003/02/17	Steinthal	20.29

GIRLS 16 - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Almè	Jordaan	2002/05/02	Homeschooling	16.15
2	Farren	Wenn	2002/07/08	CSSS	16.55
3	Simthande	Mbanyula	2002/03/13	Vusisizwe	17.15
4	Esihle	Lindi	2002/01/11		17.16
5	Kate-Lynn	Joseph	2002/12/20	HB	17.27
6	Marelize	Solomons	2002/07/22	Wolseley HS	18.01
7	Mirna	Swarts	2002/12/10	HS Tulbagh	18,06
8	Yunisha	Coetzee	2002/11/02	Weston	19.02
9	Lesley-Ann	Ruiters	2002/04/26	Wolseley HS	19,18
10	Azrea	Sylvester	2002/06/05	Bloemhof HS	19.20

GIRLS 16 LSEN - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Atisca	Esterhuisen	2002/12/17	Riebeeck Vallei	18,27
2	Chanteline	Valentine	2002/05/22	Steinthal	19,52
3	Nadine	Solomons	2002/08/30	Riebeeck Vallei	24.28
4	Beverley	Joubert	2002/11/28	Steinthal	27.18
5	Jofulen	Abrahams	2002/07/17	Steinthal	27.20
6	Roseline	Delilie	2002/10/11	Riebeeck Vallei	28.07

BOYS 16 - 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	German	Lewis	2002/03/11	Napier HS	20.32
2	Tyrone	Gordon	2002/12/05	Eersterivier	21.11
3	Nolan	Diedericks	2002/04/25	Paarl Gim	21.58
4	Lee-Brian	Rooi	2002/07/24	Bella Vista HS	22.14
5	Anslin	Paulse	2002/02/10	Wolseley HS	22.57
6	Simthandile	Zola		Vusisizwe	23.20
7	Curtis	Fortuin	2002/11/23	Ced Akademie	23.37
8	Thabiso	Sediba	2002/09/30	Vusisizwe	23.38
9	Lorenzo	Zimiry	2002/04/25	CSSS	23.58
10	Gilroy	Coetzee	2002/01/08	Wolseley HS	23.59

BOYS 16 LSEN - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Vicky	Julies	2002/04/10	Weskus Skool	
2	Masoet	Abrahams	2002/05/31	Lindelani	
3	Malcolm	Olckers	2002/01/21	Steinthal	
4	Abdullah	Roux	2002/11/30	Riebeeck Vallei	
5	Lesley	Zealand	2002/05/14	Lindelani	
6	Tiano	Meiring	2002/12/25	Steinthal	
7	Quintin	Hector	2002/04/21	Riebeeck Vallei	
8	Elwin	Sako	2002/08/18	Steinthal	
9	Christiaan	George	2002/09/30	Steinthal	
10	Lindon	Linders	2002/12/01	Lindelani	

GIRLS 17 - 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Meagan	Swanepoel	2001/10/05	Drostdy	16.11
2	Vernita	Africa	2001/08/27	Drostdy	16.33
3	Mikayla	Martinengo	0/0/2001	HS Hermanus	17.07
4	Abigail	Botes	2001/11/18	HB	17.30
5	Zizile	Sakati	2001/11/01	Vusisizwe	17.49
6	Andrea	Adams	2001/12/06	CSSS	19.15
7	Rochelle	Claassen	2001/07/02	Kylemore	20.05
8	Courtney	Eftha	2001/03/02	HB	20.12
9	Kelly	Cameron	2001/11/05	Eersterivier AC	20.14
10	Lucrecia	Williams	2001/04/16	HB	20.32

GIRLS 17 LSEN - 4km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Wariah	Louw	2001/11/13	Steinthal	22,1
2	Mariska	Rex	2001/10/05	Ligstraal	22,36
3	Jacqueline	Swartz	2001/06/12	Steinthal	22.46
4	Rochel	Engelbrecht	2001/11/12	Ligstraal	23.04
5	Chrissandry	Fortuin	2001/08/09	Riebeeck Vallei	28.31

BOYS 17 - 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Lojiso	Skiti	2001/10/13	DMT	19,55
2	Mark	Standfliet	2001/12/11	Ashton HS	20,09
3	Duvaan	Jansen	2001/12/09	HS Bredasdorp	20,35
4	Alec	Botha	2001/10/10	Paul Roos Gim	20,59
5	Unathi	Fino	2001/03/31	Vusisizwe	22,32
6	Siyanda	Skeyi	2001/01/03	Vusisizwe	25,22
7	Bulelani	Katshwa	2001/02/28	Vusisizwe	25,4
8	Samuel	Smith	2000/09/21	CSSS ***	25,59
9	Lungelo	M	2001/05/07	DMT	26,16
10	Angelo	Vegotine	2001/09/05	Ceres HS	26,48
11	Altino	Lingeveltd	2001/03/13	Wolseley HS	26.50

BOYS 17 LSEN - 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Damian	Titus	2001/08/26	Steinthal	
2	Jacy-Lee	Prins	2001/03/22	Steinthal	
3	Eric	Jones	2001/09/18	Steinthal	
4	Matthew	Moos	2001/02/06	Lindelani	
5	Ronaldo	Van Wyk	2001/08/23	Steinthal	
6	Bradley	Arnoldus	2001/01/05	Steinthal	
7	Jeremy	Gidi	2001/01/24	Steinthal	
8	Brandon	Mtambo	2001/11/08	Steinthal	
9	Marthinus	Perens	2001/02/10	Riebeeck Vallei	
10	Peter-John	Natal	2001/09/17	Steinthal	

JUNIOR WOMEN - 6km

NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Mia	Lyons	2000/06/12	LBN Athletics	
2	Willene	Fredericks	1999/12/11	CSSS	
3	Ronelda	Vellem	2000/02/27	HB	
4	Ester	Van Eeden	1999/01/03	Langeberg	
5	Babalwa	Taweti	2000/10/10	Vusisizwe	
6	Olivia	de Ruiters	2000/11/11	Eersterivier AC	
7	Mable	Swarts	1999/12/19	Langeberg	
8	Aseza	Zamliza	2000/06/02	Vusisizwe	
9	Zunellca	Singleton	2000/12/02	Drostdy	
10	Ambrosia	Mitchell	2000/01/24	Langeberg	

JUNIOR MEN - 8km					
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Reagan	Rooi	2000/08/22	Bella Vista HS	26.09
2	Lance	Micheals	2000/07/03	Ashton HS	26.33
3	Wilton	Vlink	1999/03/08	Charleston Hill HS	26.48
4	Charlton	Sias	1999/05/18	Swartland AC	27.14
5	Christphai	Booise	1999/01/02	Swartland AC	27.15
6	Kananelo	Thulo	1999/05/26		28.28
7	Yonga	Mkosi	2000/05/10	Vusisizwe HS	28.54
8	Freek	Biegenaar	1999/08/05	HB	29.10
9	Keenan	Janse	1999/10/11		29.17
10	Phathisanani	Masiza	2000/12/06	Vusisizwe HS	29.56
JUNIOR MEN LSEN - 8km					
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Ruben	Grootboom	1999/12/09	Steinthal	31,02
2	Shaun	Smith	1999/11/08	Steinthal	33,55
3	Lorenzo	Adams	2000/08/18	Riebeeck Vallei	34,00
4	Marshall	Ford	2000/05/22	Lindelani	34,42
5	Bradley	Faroa	2000/01/12	Steinthal	35,21
6	Steven	Alexander	2000/07/04	Riebeeck Vallei	35,40
7	Jonathan	Stewardt	2000/04/16	Steinthal	35,50
8	Dylan	Oersen	2000/11/01	Steinthal	48,30
9	Tiaan	Le Fleur	2000/02/24	Steinthal	50,29
10	Adri	Pretorius	2000/12/12	Steinthal	22,29
SENIOR WOMEN - 4km					
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Veronique	Jakobs	1995/06/03	Maties	16.42
2	Ana	Sampson	2000/12/07		15.15
3	Rochelle	Davids	1996/10/14	LBN Athletics	19.38
4	Allison	De Wet	1997/03/11		20.07
5	Sharlan	Boer	1998/05/04	Maties	22.33
6					
SENIOR MEN - 4km					
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Deon-Lee	Hendricks	1997/07/17	STB AC	
2	Raydon	Balie	1994/12/31	Eersterivier AC	
3	Ashwell		5/25/1996	Worcester	
4	Cowin	Stoffels	1997/03/01	Maties	
5	Jason	Neels	0/0/1998	UWC	
6	Shaun	Tobias	1997/06/02	Worcester	
7	Mikhail	Fisher	2000/12/01	Parel Vallei	
8	Marks	Mpekula	1988/09/08	Langebaan AC	
9	Henrico	Booyesen	1995/08/08	STB AC	
10	Braham	Meyer	2001/05/25	Parel Vallei	

SENIOR MEN - 10km					
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Raydon	balie	WPA8492	Eersterivier AC	
2	Andro	Afrika	1994/04/16	Eerste River	
3	Tino	Adams	Unreadable	Eersterivier AC	
4	Rudolf	Rossouw	1997/02/13	MatiesAC	
5	Jeandre	September	1997/01/25	UWC	
6	Johan	Oerson	0/0/1990	Bredasdorp	
7	Micheal	Mouries		Robertson AK	
8	Cardor	Andrews	1997/03/24	Hopefield	

MASTER WOMEN - 4km					
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Petra	Oerson	1989/07/10	Bredasdorp	43,05
2					

MASTER MEN - 8km					
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Abraham	Afrika	1975/03/29	Swartland	29.01
2	Clive	Cupido	1965/11/05	LBN Athletics	31.06
3	Willem	Mare	1964/06/02	Strand AC	34.43
4	Morne	Hansen	1977/03/08	Maties	34.49
5					

GRAND MASTER MEN - 6km					
NR	NAME	SURNAME	D.O.B.	SCHOOL/CLUB	TIME
1	Japie	du Bruyn	1969/02/27	Bellville	

Please Note that Trial 2 on Saturday 12 May 2018 has been moved from CPUT Wellington Campus to Dal Josaphat Stadium in Paarl.



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